

Lumpkin County Senior Center

Bring Water & Wear
Comfortable Shoes



FITNESS CLASSES*

***Classes may be subject to a fee.**

See Fee Schedule or ask any staff member for more information.

DAY	TIME	CLASS	INSTRUCTOR
Monday	9:30am – 10:15am	*SilverSneakers Classic	John Palmer
	9:45am – 10:15am	Chair Exercise (downstairs)	Paula Walker
Tuesday	9:30am – 10:15am	*SilverSneakers Classic	Angie Elmore (John Palmer sub)
	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker
	4:00pm - 5:00pm	Yoga Flow (\$5/class)	Paula Bingham
Wednesday	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker
	10:00am – 11:00am	Tai Chi for Health 10/21 – 12/2 (\$3/class)	Angie Elmore
	4:00pm – 5:00pm	Tai Chi for Health 10/21 – 12/2 (\$3/class)	Angie Elmore
Thursday	9:30am – 10:30am	*SilverSneakers Cardio	Joan Souders
	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker
	4:00pm - 5:00pm	Yoga Flow (\$5/class)	Paula Bingham
Friday	9:30am – 10:15am	*SilverSneakers Classic	Angie Elmore or John Palmer
	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker